

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

Visit us at www.fns.usda.gov/fdd

A357 – ORANGES, FRESH, CASE

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 1 or better fresh oranges. Size, variety, and case weight will vary depending upon the state in which they are grown. Varieties include Navel, Valencia, Pineapple or Hamlin.
PACK/YIELD	<ul style="list-style-type: none"> 38-45 lb case. Each case contains a count of 100-138 oranges. One lb AP yields 0.40 lb (about $\frac{7}{8}$ cups) ready-to-serve, raw, peeled orange sections with membranes removed and provides about 3.50 $\frac{1}{4}$-cup servings fruit sections with membrane removed OR 0.48 lb (about $\frac{7}{8}$ cup) orange juice and provides about 3.60 $\frac{1}{4}$-cup servings juice. CN Crediting: $\frac{1}{4}$ cup orange sections with membrane removed or $\frac{1}{2}$ orange provides $\frac{1}{4}$ cup fruit. $\frac{1}{4}$ cup orange juice provides $\frac{1}{4}$ cup fruit juice.
STORAGE	<ul style="list-style-type: none"> Store fresh oranges in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature is 40 °F, with a relative humidity of 85-90%.



Nutrition Information

Orange, 2 $\frac{5}{8}$ in. diameter

	1 medium (131 g)
Calories	62
Protein	1.23 g
Carbohydrate	15.39 g
Dietary Fiber	3.1 g
Sugars	12.25 g
Total Fat	0.16 g
Saturated Fat	0.02 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.13 mg
Calcium	52 mg
Sodium	0 mg
Magnesium	13 mg
Potassium	237 mg
Vitamin A	295 IU
Vitamin A	14 RAE
Vitamin C	69.7 mg
Vitamin E	0.24 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Wash oranges thoroughly before using.
USES AND TIPS	<ul style="list-style-type: none">• Serve fresh oranges whole, quartered, or sectioned for breakfast or lunch.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Wash oranges thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.